

**Statistics Report 01129, Egg, whole, cooked, hard-boiled**

**Report Date: July 09, 2017 11:52 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	74.62	14	0.140	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	155	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	649	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	12.58	14	0.180	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	10.61	7	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	1.08	14	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	1.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Sugars, total	g	1.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<b>Minerals</b>													
Calcium, Ca	mg	50	14	0.650	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.19	14	0.047	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	10	14	0.275	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	172	14	3.551	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	126	14	2.228	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	124	14	1.845	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.05	14	0.047	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.013	14	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.026	14	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	30.8	69	1.160	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Fluoride, F <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	4.8	66	0.576	2	11.6	21.0	3.607	6.002	4	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.066	14	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.513	14	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.064	14	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	1.398	14	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.121	14	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Folate, total	µg	44	14	2.248	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	44	14	2.248	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2010
Folate, DFE	µg	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Choline, total	mg	293.8	--	--	--	--	--	--	--	--	Calculated or imputed	01123	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine <a href="#">5</a>	mg	0.6	4	0.033	--	--	--	--	--	1	Analytical or derived from analytical	--	12/2006
Vitamin B-12	µg	1.11	14	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	149	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Retinol	µg	148	--	--	--	--	--	--	--	--	Calculated or imputed	01123	02/2009
Carotene, beta	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Cryptoxanthin, beta	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin A, IU	IU	520	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Lutein + zeaxanthin	µg	353	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E (alpha-tocopherol)	mg	1.03	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	2.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2010
Vitamin D3 (cholecalciferol)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D	IU	87	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lipids													
Fatty acids, total saturated	g	3.267	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.003	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.003	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.003	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.035	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	2.349	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.828	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	4.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.310	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	3.725	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.030	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
22:1 undifferentiated	g	0.003	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	1.414	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	1.188	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.035	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.149	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.005	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.038	37	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cholesterol	mg	373	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Amino Acids													
Tryptophan	g	0.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.604	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.686	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	1.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.904	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.392	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.292	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.668	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.513	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.767	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.755	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.298	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	1.644	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.423	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.501	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.936	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Other

Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

<sup>1</sup>Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301

<sup>2</sup>J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

<sup>3</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

<sup>4</sup>RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace **The fluoride content of foods and beverages from negligibly and optimally fluoridated communities.**, 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

<sup>5</sup>Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 6b**, 2002 Beltsville MD